

## Grilled Yellow Squash

Yellow squash is another from garden to grill in less than an hour treat. Yellow squash varieties vary in size, shape, and texture. Bumpy varieties are generally not the best for the grill. Smooth skinned squash, picked while still small, often cook the best on the grill. It is not necessary to remove the skin from garden fresh produce. Though, if store bought, removing the skin will help remove pesticides and chemicals from storage and transportation. Wash, dice, and prepare with a slightly salty butter mixture for excellent texture. Like other vegetables, they take longer to cook than meat on the grill.

### Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

### Meal Adaptations:

#### Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

#### Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Pepper
- Squash
- Spices

#### Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: \_\_\_\_\_

### Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan:

Grill safe aluminum pan, or

\*\* Grill packet

\*\* To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same

with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

**Ingredients:**

**Meat:**

**Optional:**

1/4 cup of bacon bits

**Vegetables:**

15 ounces of yellow squash

**Other ingredients:**

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

**Preparation time:** 10 minutes

**Preparation:**

1. Wash and slice or dice 1 to 2 yellow squash.

2. Add to grill safe aluminum pan, or

\* grill packet:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

15 ounces of yellow squash

**Optional:**

1/4 cup of bacon bits

3. Close packet and place on grill.

**Cook Temperature:** Grill

**Cook Time:** About 15 to 20 minutes

**Servings:** 4 to 5

**Storage Solutions:** Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: \_\_\_\_\_.